





Health Lessons

Nutrition

Diet and Sports Nutrition

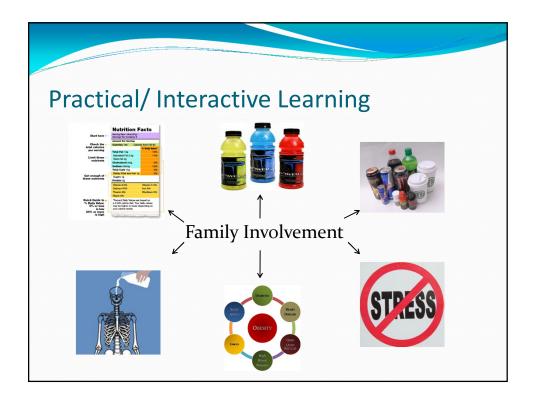
Exercise

Stress Management

Behavioral Management

Complications of Obesity

Bone Health







What is Project UNIFY?

- Project UNIFY's goal is to activate young people to develop school communities where all young people are agents of change- fostering respect, dignity and advocacy for people with intellectual disabilities by utilizing the programs and initiatives of Special Olympics.
- Is a strategy launched in 2008 for engaging schools and using tools and sports programs of Special Olympics like Unified Sports.
- Is youth-centered, school focused.
- Utilizes Unified Sports as deliberate catalyst to transform a school or community.

Project UNIFY helps bring students together for one common goal. That goal being acceptance and inclusion ,for all students regardless of their abilities, through high school sports and awareness initiatives.



What is Unified Sports

- In June of 2011, a partnership was formed between Special Olympics Arizona and the Arizona Interscholastic Association (AIA) with the sole purpose of building a state wide Unified Sports system.
- Unified Sports is an inclusive program that combines
 High Schools students with intellectual disabilities
 (Athletes) and students without intellectual disabilities (Partners) on sports teams for training and competition.

Benefits for the Athletes

- Gives students with intellectual and/or developmental disabilities the opportunity to have a typical high school experience.
- Encourages teamwork, sportsmanship, and a good work ethic.
- Gives students with intellectual and/or developmental disabilities the opportunity to develop important social skills.
- Gives the Athletes a sense of belonging in their school and community.
- Helps eliminate stereotypes about people with intellectual and/or developmental disabilities in a fun and positive environment.

Benefits for the Partners

- Spreads awareness that we are all more alike then different.
- Encourages teamwork, sportsmanship, and a good work ethic.
- Demonstrates compassion towards others.
- Allows partners to be involved in something bigger then themselves.
- Gives the Partners a sense of belonging.
- Gives Partners an opportunity to be a part of a sports team.
- Is a rewarding experience.

Unified Sports... The future of Special Olympics?

I think YES!

Special Olympics encourages community awareness for people with intellectual and/or developmental disabilities. This awareness should start at a young age in our school systems. Unified Sports in the schools allows todays youth to become tomorrows leaders.



Why Youth Activation?

- For Project UNIFY to be truly transformative, it needs to reach most, if not all students in the school and involve those students in meaningful ways which promote positive attitudes. Project UNIFY gives students the opportunity to lead the next generation of the Special Olympics movement.
- Youth Activation gives students the tools and resources needed to create a positive environment for all students.
- It allows students to see the person first instead of a persons disability first.

Student Initiatives Fans in the Stands Make That Change Spread the Word to End the Word Get Into It

Fans In The Stands

 A youth led campaign aimed towards increasing student attendance at Special Olympics and Unified Sports events.

Make that Change

 School fundraiser where students collect spare change in which 100% of the proceeds go back to the school or district where the funds were raised to support the Special Olympics teams and initiatives.

Spread the Word to End the Word Campaign

 Spread the Word to End the Word Campaign- A youth led campaign to communicate the harmful effects of the r-word (retard(ed)) and remove it from daily use. www.r-word.org

Get Into It

• An academic service-learning experience for teachers to use when educating their students about acceptance of people who are different, especially those with intellectual disabilities.

Project Unify has not only given me the opportunity to be a leader to my fellow peers but, it has also given me the opportunity to have a fun and meaningful high school experience. When I grow up I will be able to look back on my high school career with a sense of pride. The leadership skills I have learned in high school have given me a head start on my future. I will always have Special Olympics and Project Unify to thank for opening my eyes to something much bigger than myself. Project Unify has truly changed my life!